

# RULE THE ROAD

*in the most awarded SUV ever.*

EXPERIENCE AND EXPLORE THE CITIES THAT ARE HOME TO THE **MEN'S HEALTH URBANATHLON®**  
 WITH JEEP® GRAND CHEROKEE, THE OFFICIAL AUTOMOTIVE SPONSOR OF THIS YEAR'S RACE.

Endurance and strength come standard with the 2011 Jeep® Grand Cherokee. Just a single tank of gas can deliver more than 500 miles\* of road time, thanks to the 3.6-liter Pentastar V6 engine, which outperforms the Honda Pilot EX.\*\* Check out all the fitness-fueled trips you can take on just one stop at the pump.

## CHICAGO AREA



**CHICAGO 10.15.11** Register for the Urbanathlon® and get training tips and race information at [MensHealthUrbanathlon.com](http://MensHealthUrbanathlon.com).

NOTE: On page 51 of the October Issue of Men's Health, the Chicago Equinox location was listed incorrectly. The correct location is at 900 North Michigan Avenue.

### 1. LAKE GENEVA, WI

Hiking around the area or hitting up the nearby zip lining courses will help break up the monotony of your weekly workouts—and it comes complete with breathtaking scenery—all in just under two hours from Chicago.

### 2. GALENA, IL

Pack your biking gear for the Galena River Bike Trail—a great four mile loop on moderately challenging terrain that also makes for a scenic hike.

### 3. CHICAGO, IL

Check out the Urbanathlon® workout classes at the North Michigan Avenue Equinox location. The cardio and strength training classes are designed to get you race-ready.

### 4. PORTER, IN

Power through the ultimate resistance workout on miles of beach and face off against steep sand dunes at Indiana Dunes National Lakeshore.

### 5. HOLLAND, MI

Chill out at downtown Holland's sustainably-built CityFlatsHotel. Top off a round of golf with a tour of the New Holland Brewing Company and Distillery.

### 6. TRAVERSE CITY, MI

Tired of road running? Hit the beach for a fall run and map your route along 180 miles of Lake Michigan shoreline.



## NEW YORK AREA



**NEW YORK 10.29.11** Register for the Urbanathlon® and get training tips and race information at [MensHealthUrbanathlon.com](http://MensHealthUrbanathlon.com).

### 1. NEW YORK, NY

Prepare for race-day obstacles with an Urbanathlon® training class at the Equinox location at Lexington and 63rd Street.

### 2. WARREN COUNTY, NY

Need a recovery day from training? Take a fall foliage tour, driving from Lake George along the West Branch of the Ausable River to the High Falls Gorge near Lake Placid. Crash in luxury at one of the Adirondacks' high-end hotels, like Lake Placid Lodge.

### 3. POCANTICO HILLS, NY

Refuel with a one-of-a-kind meal. Visit the Stone Barns Center for Food & Agriculture and enjoy the day's offering from the farm at famed restaurant Blue Hill at Stone Barns.

### 4. KERHONKSON, NY

Step up your routine with world-class rock climbing at Minnewaska State Park. Top off your workout with a hike on the 25+ miles of footpaths surrounding the area.

### 5. NEWBURYPORT, MA

Take a break from land training and hit the water with local kayaking organizations like Plum Island Kayak. A tour along the Lower Merrimack River will be easy on the eyes and tough on the abs.

### 6. WOONSOCKET, RI

Escape the city for a long run or bike ride (when the Central Park loop just isn't cutting it anymore). The Blackstone River Bikeway offers more than 12 miles of paved paths and runs through historic parts of the state.

**Jeep®**

# SAN FRANCISCO AREA



## 1. CRATER LAKE, OR

October is the last month to take advantage of the Rim Drive along the lake at Crater Lake National Park. After touring the course, hit the loop for an endurance run or tackle the surrounding mountains for an uphill workout.

## 2. SOLVANG, CA

This city in Santa Barbara County is a go-to destination for cyclists (even Lance Armstrong has used its paths as a training ground). Bring your bike for a challenging workout on the terrain, which rolls through a stunning landscape and Danish architecture.

## 3. BIG SUR, CA

Get another race under your belt with the Big Sur River Run in Pfeiffer Big Sur State Park on October 22. The 10k course stretches along the Big Sur River with a scenic view that rivals even San Fran's most beautiful beaches.

## 4. SAN SIMEON, CA

Challenge your total body strength with an afternoon of surfing near San Simeon Creek campground. After a rustic night of camping, a stop at the nearby Hearst Castle is a must.

## 5. SAN FRANCISCO, CA

Balance out your workout regimen with cardio and strength-based Urbanathlon® training classes at the Equinox location on Pine Street.

## 6. LAS VEGAS, NV

Rally your training buddies for a weekend getaway and check out the new Wynn restaurant, La Cave. Tap into the handcrafted beer selection over lunch and recover in the evening with a rugged hike around Red Rock Canyon, only 17 miles from the Strip.

**SAN FRANCISCO 11.13.11** Register for the Urbanathlon® and get training tips and race information at [MensHealthUrbanathlon.com](http://MensHealthUrbanathlon.com).

Men'sHealth



& FESTIVAL

**CHICAGO 10.15.11**  
**NEW YORK 10.29.11**  
**SAN FRANCISCO 11.13.11**

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# Discover the Jeep® Grand Cherokee

Available Trail Rated® capabilities make the 2011 Jeep® Grand Cherokee perfect for the rugged road, but inside, luxury reigns.

### WHAT'S INSIDE

Available supple leather trim and real wood features bring comfort and class to new heights.

### COOL CONVENIENCES

Go key-free with the advanced perimeter technology in the Keyless Enter-N-Go system and by pushing the Engine Start/Stop button.

The available groundbreaking Uconnect™ System means you can find destinations, make calls and tune in to your favorite music with ease.



500  
MILES  
PER  
TANK\*

\*500-mile range based on 3.6L V6 engine models using highway miles. \*\*AMCI mileage testing results: Grand Cherokee Laredo: 18 city/22.4 hwy mpg; Honda Pilot EX: 17 city/21.5 hwy mpg. EPA estimates: Laredo: 16 city/23 hwy mpg; Pilot EX: 17 city/23 hwy mpg. Laredo and Overland Summit V6 models achieve the same mpg. Independent testing of on-road, in traffic, city and hwy driving with multiple drivers; not EPA laboratory results. Jeep is a registered trademark of Chrysler Group LLC.

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